

## **Tobacco Cessation**

**For Smokers and Friends of Smokers**  
**November 30, 2007 at 3:00PM – 4:00PM**

Quitting smoking is not easy. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help.

**What's All the Fuss Over Tobacco:** Understanding the link between smoking and disease.

**Providing Support:** How to provide support to a family member or friend to quit.

**Free and Clear Program:** The **Free and Clear® Quit For Life™** Program

**Other Tobacco Cessation Strategies:** Find the best approach for you.

**South Carolina Forestry Commission**  
**5500 Broad River Road**  
**Columbia, SC 29212**

Direction: take I-26 to Exit 103 (Harbison Blvd.). Turn left at the light and proceed to dead end at Broad River Road. Turn right onto Broad River Road, go through one traffic light, and then turn left at the SC Forestry Commission white sign. Parking is available in the parking lot behind the brick building.

### **REGISTRATION FORM – PLEASE PRINT**

Return this form to Prevention Partners no later than November 19, 2007

### **Tobacco Cessation – November 30, 2007**

**Name:** \_\_\_\_\_ **Telephone Number:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** SC **Zip Code:** \_\_\_\_\_

**E-Mail Address:** \_\_\_\_\_

(Confirmation letters will be sent via e-mail)

#### **Please Mail Registration Forms to:**

Prevention Partners  
1201 Main Street, Suite 350  
Columbia, SC 29201  
**Or Fax to: 803-737-0557**

**For more information contact: Diane P. Conte at 803-737-3822**